

Prevalence Of Polycystic Ovarian Syndrome In Teenage Girls In a Tertiary Care Hospital In Islamabad, Pakistan

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INTRODUCTION / BACKGROUND

- PCOS most frequent reproductive endocrine disorder affecting reproductive age women.
- Diagnosing PCOS during teenage IS challenging due to overlapping normal pubertal development and typical features of PCOS.
- Screening for PCOS in teenage girls is crucial as allows early intervention leading to better long-term reproductive and metabolic outcome.

OBJECTIVES /AIMS

The Objective of study is to assess prevalence of polycystic ovarian syndrome in teenage girls attending outpatient department of a tertiary care hospital Islamabad, Pakistan and advise early intervention on treatment of symptoms

MATERIAL & METHODS

Study Design : Cross- sectional study conducted at a tertiary care hospital in Islamabad

Study duration :September 2023 – March 2024

Sample size :105 teenage girls attending outpatient department.

Sampling technique :Non- Probability convenient sampling

Data was analyzed using SPSS 20.

CONCLUSION

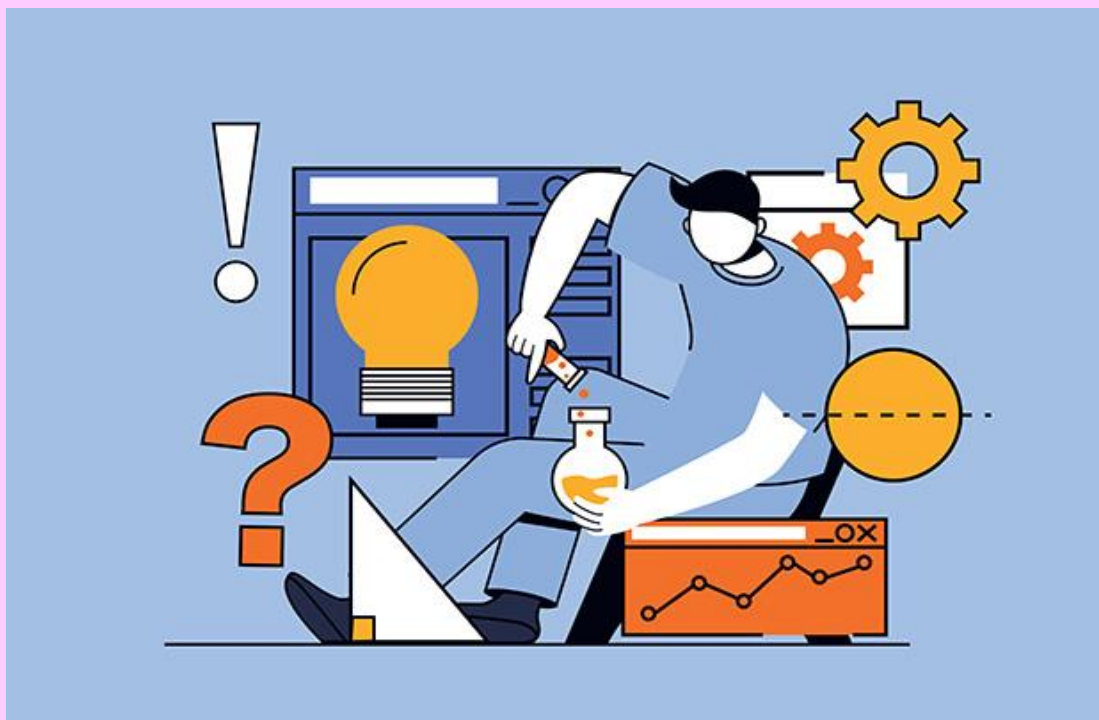
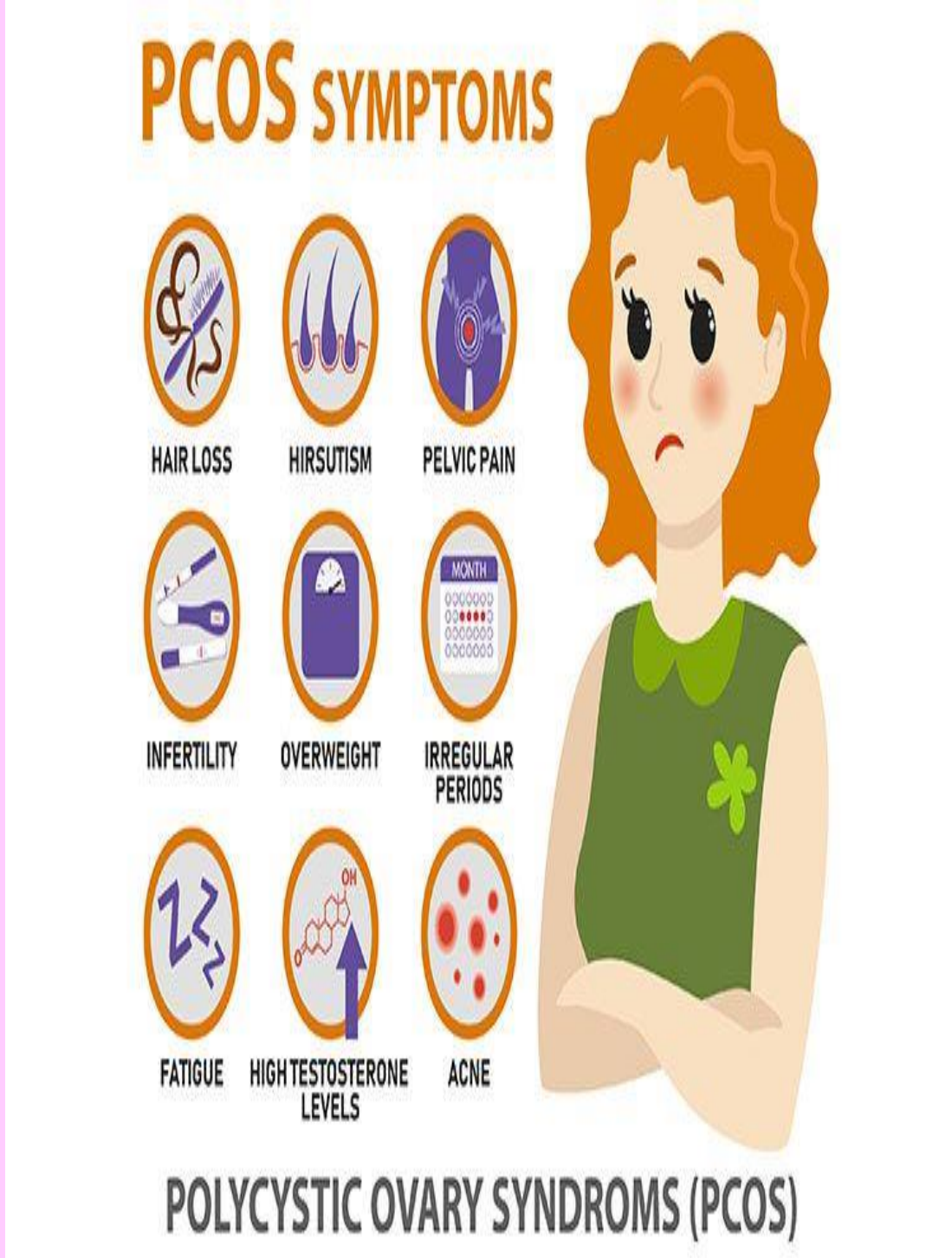
Prevalence of “polycystic ovarian syndrome (PCOS)” among teenage girls of present study was 13 (12.38%) with significant impact of maternal PCOS history on prevalence of PCOS among teenage girls.

RECOMMENDATION

Prevalence of PCOS is quite high and it is thus strongly recommended that regular screening for PCOS should be conducted in this particular age group so that timely intervention can be started to improve fertility and avoid potential complication associated with it, particularly the metabolic syndrome and cardiovascular events.

CONTACT INFORMATION

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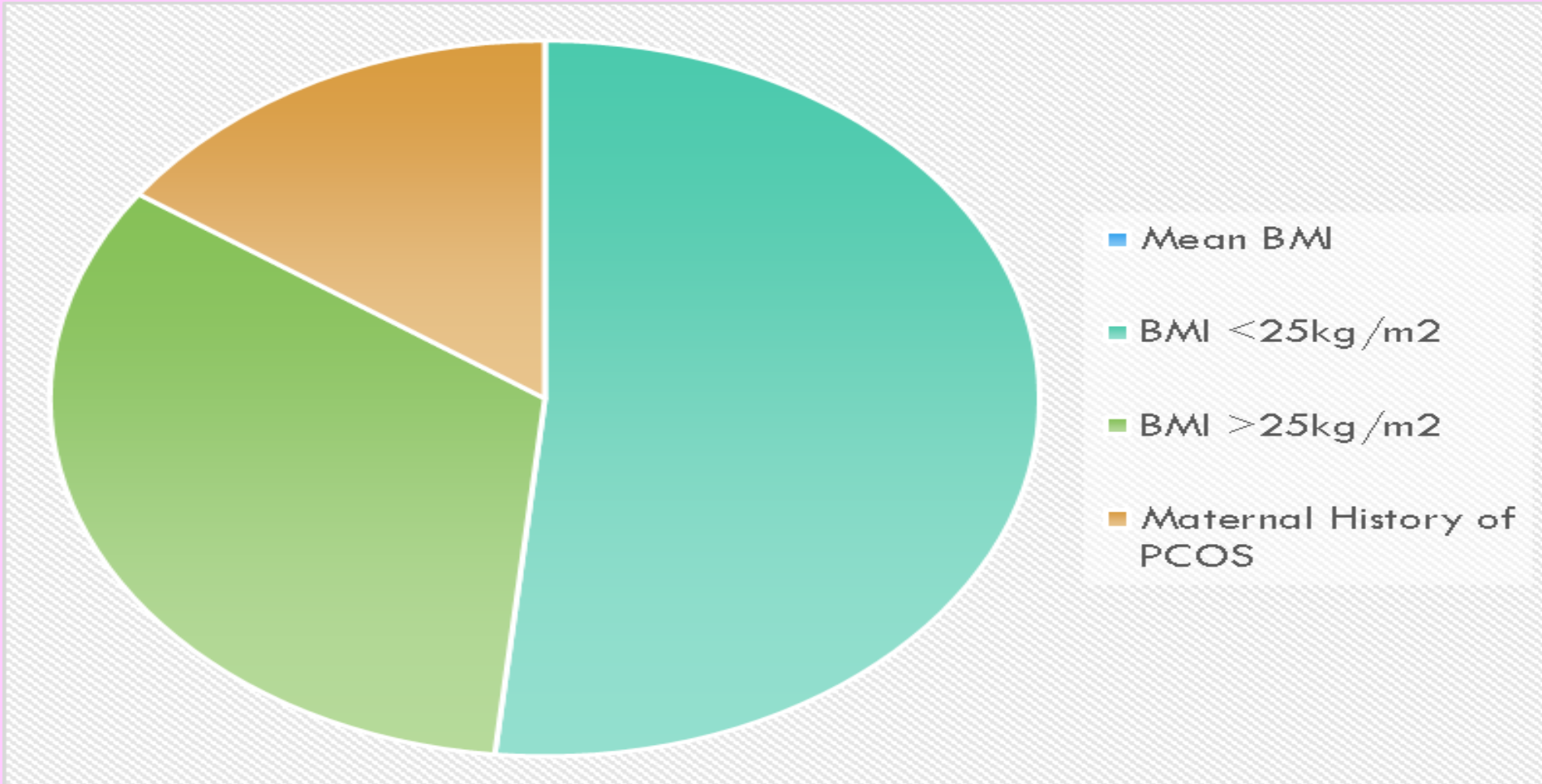
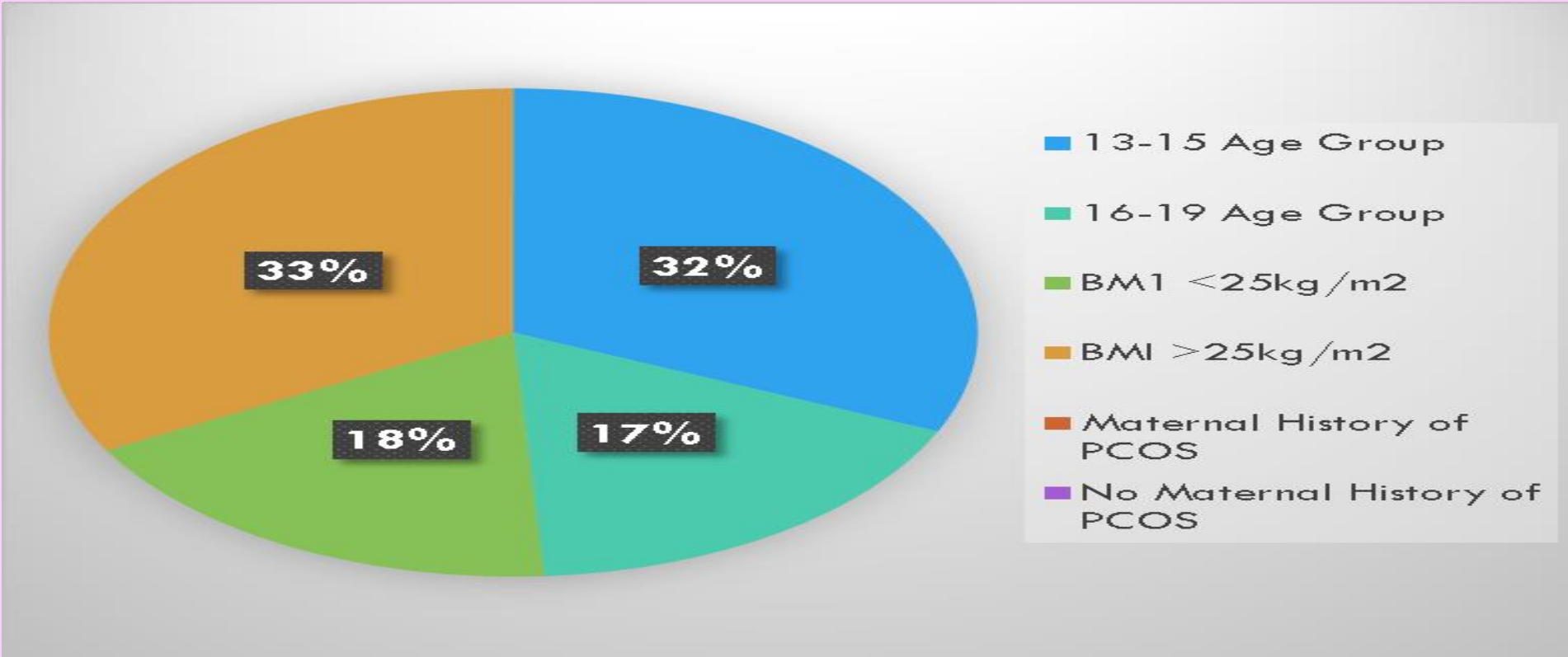
RESULTS

Mean age of girls :15.8(+-1.98)
13 to 15 years age group : 49
16 to 19 years age group :56
Mean age of menarche :10.78 (+-1.61) years.

13-15 age group : (16.3%)
16- 19 age group : (8.9%)
BMI<25kg/m2 : (9.3%)
BMI>25kg/m2 : (17%)
Maternal History of PCOS:
-yes: (31.5%)
-no :(8.1%)

Mean BMI : 24.7(+ 2.7 kg/M2)
BMI < 25KG/M2 : 64
BMI >25 Kg/m2 : 41
Maternal History of PCOS :19

Characteristic	n (%)
Mean age	15.80 ± 1.98 years
Age group	
13-15 years	49 (46.67%)
16-19 years	56 (53.33%)
Mean age of menarche	10.78 ± 1.61 years
Mean BMI	24.27 ± 2.71 kg/m2
BMI group	
≤ 25kg/m2	64 (60.95%)
> 25kg/m2	41 (39.05%)
Maternal history of PCOS	
Yes	19 (18.09%)
No	86 (81.91%)



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